

RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – JUNE 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Aerobics 1 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise	8:45 WALKING CLUB (NEW) 2 9-11 Silver Threads & Needles 10:00 Yoga 10:30 “TO KEEP OR NOT TO KEEP... THIS IS THE QUESTION” BY: JANE ARMSTRONG 1:00 Table Tennis	8:30 Wednesday Walk 3 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 “USE IT OR LOSE IT” 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 4 10:30 CRAFTING WITH CRYSTAL 12:00 – 4:00 Bridge 12:30 Just Dance 12:30–2 Computer Assistance/J.Cole 4:00 SQUARE DANCE	8:45 Aerobics 5 9:00 SilverStriders 9-11 Silver Threads & Needles 9:30 “CHAT WITH THE DIRECTOR” 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Table Tennis
8:45 Aerobics 8 9-11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:00 WALKING CLUB MEETING 12:30 Slow-moving Exercise	8:45 WALKING CLUB (NEW) 9 9-11 Silver Threads & Needles 9:45 PEN PALS LEAVE TO GO VISIT SPINDALE ELEMENTARY 10:00 Yoga 1:00 Table Tennis	8:30 Wednesday Walk 10 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:00 “LETS BAKE COOKIES” 12:30 Oil Art Group 12:30 Slow-moving Exercise 1:00 TRIP TO SWEET FROG'S	8:45 TRIP TO HAMRICK'S and PRIME OUTLET MALL 11 9-11 Silver Threads & Needles 10:30 “THIS IS PROGRESSIVE RUTHERFORD COUNTY” - VIDEO PRESENTATION 12:00 – 4:00 Bridge 12:30 Just Dance 12:30–2 Computer Assistance/J.Cole 4:00 SQUARE DANCE	8:45 Aerobics 12 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 10:30 SENIOR GAMES COMMITTEE MEETING 12:30 Slow-moving Exercise 1:00 Table Tennis
8:45 Aerobics 15 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 9-11:30 4-H CROCHET CLASS 10:30 RECIPE CLUB 12:30 Slow-moving Exercise WEAR PURPLE TODAY – FOR ELDER ABUSE AWARENESS	8:45 WALKING CLUB (NEW) 16 9-11 Silver Threads & Needles 9-11:30 4-H CROCHET CLASS 10:00 Yoga 10:00 “LET’S MAKE SMOOTHIES” 1:00 Table Tennis 1:00 BUTTERBEAN AUCTION 5:15 MEET & EAT – EL LIMON MEXICAN RESTAURANT	8:30 Wednesday Walk 17 8:45 Aerobics 9-11 Silver Threads & Needles 9-11:30 4-H CROCHET CLASS 9:30 TEA PARTY 10:00 Line Dancing 10:30 MEDICAL BINGO 11:00 “MEN’S HEALTH”/DR LITTLE 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 18 10:30 CHAIR VOLLEYBALL 12:00 – 4:00 Bridge 12:30 Just Dance 12:30–2 Computer Assistance/J.Cole 1:00 BOWLING WITH THE GRANDKIDS (AUTUMN LANES) 4:00 SQUARE DANCE	8:45 Aerobics 19 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 1:00 Table Tennis
8:45 Aerobics 22 9:00 SilverStriders 9:00 – 10:00 DOUGHNUTS FOR DADS 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise	8:45 WALKING CLUB (NEW) 23 9-11 Silver Threads & Needles 9:30 TRIP TO FARMER’S MARKET 10:00 Yoga 10:30 “IT’S A MAN’S WORLD” 1:00 Table Tennis 1:00 CRAFT FOR SENIORS & THEIR GRANDKIDS (MAKING SLIME & DIRT CUPS)	8:30 Wednesday Walk 24 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:45 “WHAT IS YOUR SUN SAFETY IQ?” – DR. JOE GODFREY 12:30 Oil Art Group 12:30 Slow-moving Exercise	8:30-11:15 “SUMMER TIME SCAVENGER HUNT” 25 9-11 Silver Threads & Needles 9:30 TRIP: JEWELRY SALE 12:00 – 4:00 Bridge 12:30 Just Dance 12:30–2 Computer Assistance/J.Cole 1:00 ICE CREAM SHOP FOR SENIORS & THEIR GRANDKIDS 4:00 SQUARE DANCE	8:45 Aerobics 26 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 1:00 Table Tennis
8:45 Aerobics 29 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise	8:45 WALKING CLUB (NEW) 30 9-11 Silver Threads & Needles 9:30 TRIP TO FARMER’S MARKET 10:00 Yoga 10:30 “SUMMERTIME REFLECTIONS” 11:15 BIRTHDAY RECOGNITIONS 1:00 Table Tennis	SENIOR CENTER HOURS OF OPERATION MON. 7:30 a.m.–5:00 p.m. TUES – FRI. 8:30 a.m.–5:00 p.m. QUESTIONS ABOUT THE CENTER OR FOR AN APPOINTMENT WITH A CERTIFIED SHIP COUNSELOR CALL: 287-6409	DAILY DROP-IN EVENTS: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Exercise Equipment, TV & Conversation, Puzzles ALSO AVAILABLE: Computer Lab, Library, Daily Newspaper, Current Magazines, Coupon Room, Medical Equipment, Paper Shredder, Notary Public, Wi-Fi, Scheduled Transit Stop	

COMING IN JULY..... “CELEBRATING THE SENIOR CENTER”; SENIOR GAMES WINNER’S STATE FINAL ENTRY FORMS *EARLY BIRD* DEADLINE: JULY 1ST.